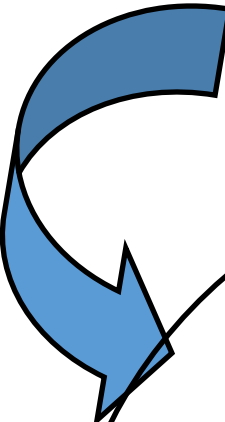


More than 300 million tonnes of
plastic are produced



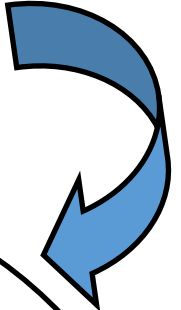
**They weigh the
same as
the entire
population of the
planet Earth!**

Eg: Draw the Planet with people around it

per year!

Every year, more than 8 million tonnes of plastic reach the oceans.

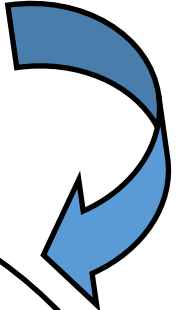
Eg: Drawing a lorry full of rubbish



**The same as
one lorry load
of rubbish per
minute**

São usadas 4000 mil garrafas de plástico por segundo!

Ex: Desenhar o oceano com garras de plástico



**No mar uma
garrafa pode le-
var 450 anos a
desaparecer!**

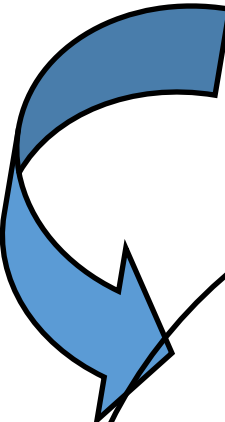
Dados adaptados de: *Plastic Oceans Foundation A Plastic Ocean –Educational Supplement*

Do you know the 5 R's that can help you save the planet and the oceans?

RETHINK



- REFUSE
- RETHINK
- REDUCE
- REUSE
- REDUCE



Before you go shopping with your parents or someone else to buy something for yourself, think about what you're going to use it for!

Eg: Draw a boy/girl thinking

Do you know the 5 R's that can help you save the planet and the

oceans?

Advise your parents and other adults to refuse to use disposable or non-recyclable materials wherever possible.


REFUSE



- REFUSE
- RETHINK
- REDUCE
- REUSE
- REDUCE

Eg: Draw a boy/girl saying no

Do you know the 5 R's that can help you save the planet and the oceans?



Be creative! Give a
second life to what
you have at home
and encourage all
your
family and friends.

REUSE



- RECUSAR
- REPENSAR
- REDUZIR
- REUTILIZAR
- REDUZIR

freepik

Eg: Draw a boy/girl using a plastic
container for the 2nd time

Dados adaptados de: *Plastic Oceans Foundation A Plastic Ocean –Educational Supplement*

Do you know the 5 R's that can help you save the planet and

the oceans?

Ask parents to buy and use what is necessary. Avoid over-packaged products.

REDUCE



- RECUSAR
- REPENSAR
- REDUZIR
- REUTILIZAR
- REDUZIR

E.g. Draw a boy/girl with only one thing in his/her hands.

Do you know the 5 R's that can help you save the planet and

the oceans?

Help at home and at school to sort rubbish. Prefer recyclable and recycled materials.

RECYCLE



- RECUSAR
- REPENSAR
- REDUZIR
- REUTILIZAR
- REDUZIR

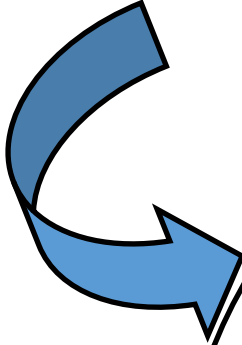
freepik

E.g. Draw a boy/girl putting the litter in the right container

From a few days to several hundred years, do you know how long it takes to decompose some of the rubbish we throw away every day?

Wet wipes: 100 years

Eg: Draw a person wiping their hands with wet wipes.

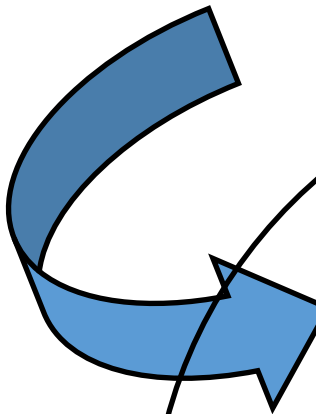


Extremely practical, wipes for personal and baby hygiene use, make-up removal and even cleaning the house often have polyester in their composition, which is quite difficult to decompose.

From a few days to several hundred years, do you know how long it takes for some of the rubbish we throw away every day to decompose?

Chewing gum: 5 years

Eg: Drawing a boy with chewing gum

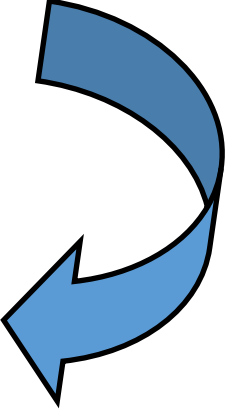


Not only does chewing gum make it difficult to clean the streets once it has been thrown on the ground, it is also not environmentally friendly, taking around 5 years to decompose.

<https://www.notasemdia.pt/vida-mais-sustentavel/saiba-quanto-tempo-demora-a-decompor-se-14-materiais-do-dia-a-dia/>

From a few days to several hundred years, do you know how long it takes to decompose some of the rubbish we throw away every day?

Disposable nappies : 500 years



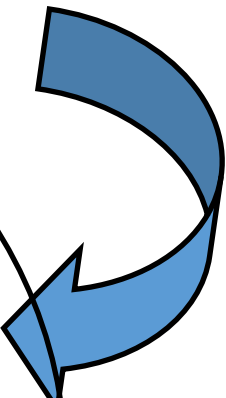
It is estimated that an average of 6,000 nappies are used in the first three years of a baby's life, with a disposable nappy taking around 500 years to decompose.

Eg: Draw a baby in a nappy

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From a few days to several hundred years, do you know how long it takes to decompose some of the rubbish we throw away every day?

Surgical masks : 500 years



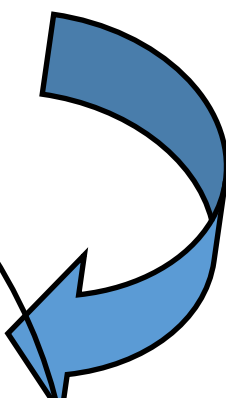
The disposable masks used in "industrial quantities" during the pandemic are made with plastic particles that last for hundreds of years. In addition, improperly disposed of, they are a risk to various animal species, which get trapped, wrapped up in them or ingest them, which often leads to their death.

Eg: Draw a boy with a mask over his mouth.

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From a few days to several hundred years, do you know how long it takes to decompose some of the rubbish we throw away every day?

Toothbrush: Up to 1000 years



If your toothbrush is, like most, made of polypropylene and nylon plastic, it will most likely take up to a thousand years to decompose. When you consider that 3.5 billion of these brushes are sold worldwide every year, it's easy to see the potential damage. In this case, it's really best to replace them with more environmentally friendly versions, such as bamboo ones, for example, or look for a place that will take them in.

Eg: Draw a boy/girl brushing his /her teeth

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From a few days to several hundred years, do you know how long it takes to decompose some of the rubbish we throw away every day?

Aluminium: 80 to 100 years

Curiosity! The milk cartons you drink every day at school are made of aluminium on the inside.



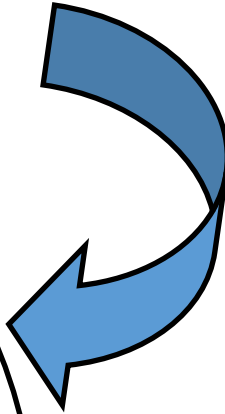
It only starts to decompose after 80-100 years, a process that can take several centuries. The good news here is that it can be recycled over and over again, hence the importance of using the **yellow recycling bin**.

Eg: Draw a boy drinking a carton of milk

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From a few days to several hundred years, do you know how long it takes to decompose some of the rubbish we throw away every day?

Plastic bottles : 450 years



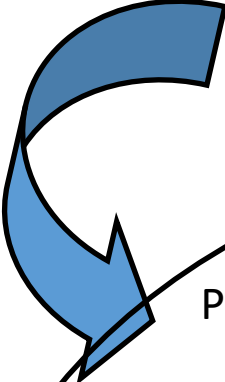
One of the easiest items to recycle, plastic bottles are mostly thrown away carelessly, easily ending up in oceans, rivers, public spaces, green spaces, etc. Getting used to putting them in the **yellow recycling bin** or reusing them is one of the best practices we can do for the planet.

E.g: Draw the ocean full of plastic bottles.

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From a few days to several hundred years, do you know how long it takes to decompose some of the rubbish we throw away every day?

Plastic bag : 20 years, or more...

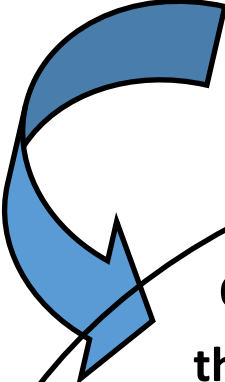


Plastic bags take at least 20 years to decompose, depending on the thickness of the plastic, and can take much longer. The good news is that it is possible to reuse and recycle. So don't throw them away, wash and reuse as often as possible. You can also tell parents to refuse new bags when they go shopping and use used ones instead. When it is no longer possible to use it, the **yellow recycling bin** is the right place to turn it into a new one.

E.g. Draw a boy/girl with a plastic bag on his/her hand.

From a few days to several hundred years, do you know how long it takes to decompose some of the rubbish we throw away every day?

Glass: More than 1 Million years



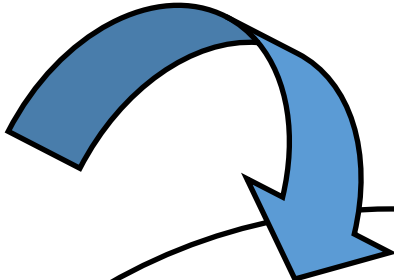
One of the most durable materials on the planet, glass takes 1 million years or more to decompose. If you don't separate glass yet, this might be a good reason to start. It doesn't solve everything, as the glass destined for the **green recycling bin** is packaging (bottles, jars, jam jars, preserves, pulses, etc.) as it is a type of glass that can be recycled.

E.g: Draw the ocean full of glass bottles or jars.

<https://www.notasemdia.pt/vida-mais-sustentavel/saiba-quanto-tempo-demora-a-decompor-se-14-materiais-do-dia-a-dia/>

Microplastics, What are they?

E.g. Draw fish in the sea



Plastics that go into the sea over time will "break down" into very small particles that are easily mistaken by fish for food.
food.

COLOUR ALL THE ITEMS THAT ARE WRONG IN THIS PICTURE

